

TUESDAY, JUNE 14, 12PM

The “BU” for Seniors



Luly R. Mitchell
www.lulyforma.com



Jorge del Busto
www.jorgedelbusto.com

Is a personal trainer and has taught dance and fitness programs for over 20 years in the United States and Mexico .

Has worked in over 100 gyms around the world and has more than three decades of experience in the fitness field.

Free Class

Backstage Theater Room, Malibu City Hall

The “BU” formula is a fun and effective low-intensity workout combination of dance & fitness with a Latin dance flair. Instructors Luly and Jorge will lead you through this effective workout program that will make a difference in your body and soul, leaving you happy and energized.

RSVP: 310-456-2489 ext. 357

MALIBU SENIOR CENTER
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